

## 5 A Day Recipes

### Salads

#### Refreshing Chicken Salad

**Serves 4**

- 2 cups cooked rice, cooled to room temperature
- 1½ cups cooked chicken breast cubes
- ¼ cup tightly packed fresh parsley
- 8 ounces plain nonfat yogurt
- 2 cups cantaloupe, diced
- ¼ cup tightly packed fresh mint leaves
- 1 clove garlic, halved
- Lettuce leaves

Combine rice, cantaloupe, and chicken in large bowl. Place knife blade in food processor; add mint, parsley, and garlic. Cover, process until finely chopped. Transfer to small bowl; add yogurt and blend. Add to rice mixture and toss lightly. Chill 2 hours. Serve on lettuce leaves.

#### Nutritional Analysis

Nutritional analysis Calories: 285  
Fat: 3 g  
Cholesterol: 42 mg  
Fiber: 1 g  
Sodium: 96 mg  
% Calories from Fat: 9%

This is an official 5 a Day recipe, and provides four people with more than one serving of fruit/vegetable each.